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HINDU VERSION OF HOLIDAY FAVORITE

Hindu on the Bindu is the 'Elf on the Shelf' for kids celebrating Diwali. 4

Employers who are changing the game. 18

Governors Island goes all in on Halloween. 22

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Tanaka spins a Game 5 gem to
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PATRICK KING, CAREERS AND EDUCATION EDITOR

Imagine if your job paid a minimum wage that was actually a living wage? Dan Price, the CEO of Seattle based Gravity Payments, took a massive pay cut in his own salary to introduce a \$70,000 minimum wage to his employees. We caught up with him three years later to see how this decision has affected his company and what other policies companies can change to make life better for their workers. Read more on page 18 or visit metro.us.

SANDUSKY DENIED NEW CHILD SEX ABUSE TRIAL

IA Pennsylvania judge denied a request by Jerry Sandusky for a new trial on charges that he sexually assaulted pre-teen and teenaged boys for 15 years. Sandusky, 73, was convicted in 2012 of exploiting his position in the top-flight football program to sexually assault 10 boys. He is currently serving a 30- to 60-year prison sentence. Centre County Court of Common Pleas visiting Judge John Foradore struck down

all Sandusky's claims of sub-par legal work by his trial attorney, Joseph Amendola, and two other lawyers. "The bulk of Sandusky's claims are meritless," Foradore concluded in a 60-page opinion. "Those that remain, whether they fail for want of prejudice or because Amendola's actions or failure to act were informed by a reasonable strategy, do not combine to call into question ... the legitimacy of the verdict."

TRANSGENDER BATHROOM AGREEMENT REACHED

2 Transgender people would be allowed to use public restrooms in North Carolina that match their gender identity under a consent decree filed on Wednesday that aims to resolve the federal lawsuit over the state's widely criticized bathroom law. The proposed agreement was announced by Governor Roy

Cooper and the American Civil Liberties Union. A judge must sign off on the proposal before it takes effect. A measure passed in March helped bring back some business and sports events pulled from the state in protest in the year after it enacted the so-called bathroom bill. But activists said transgender people still faced discrimination and threats to their safety under the new law.



5 THINGS YOU NEED TO KNOW

TRAVEL BAN PROTEST

3 People gather to protest against President Donald Trump's travel ban, which was blocked a third time by Federal Courts, in Washington, D.C. on Wednesday.

LEBRON JAMES WEARS 'EQUALITY' SNEAKERS

4 LeBron James made a statement with his foot-wear during the season opener between the Cleveland Cavaliers and the Boston Celtics. The NBA superstar wore a pair of black Nike sneakers with the word "equality" emblazoned on the heels with gold stitching. LeBron James has always been outspoken about President Donald Trump and always shows support for NFL players choosing to take a knee.

during the national anthem. He recently criticized the president for his outrage against protests in the NFL. The NBA prohibits players from kneeling during the anthem, but LeBron James and his teammates locked arms in solidarity during the singing of the Star Spangled Banner. James' shoes show solidarity with NFL players who are protesting against police brutality and racial injustices happening around the country.

TWITTER TOUGHENS HARASSMENT GUIDELINES

5 Twitter has toughened its stance on online sexual harassment and abuse, laying out stronger penalties for misconduct on the social media platform in an email to its Trust and Safety Council published by Wired. Reuters was not immediately able to confirm that the email published by the micro-blogging site was genuine. Twitter did not respond to requests for comment. In a series of tweets on Friday,

the social media company's Chief Executive Jack Dorsey announced plans to act more aggressively to limit the number of bullies and harassers on the website. The email published by Wired said the new extended set of guidelines follow up on Dorsey's tweets and will include the immediate and permanent suspension of any account Twitter identifies as the original poster/source of nonconsensual nudity.

MetroWeen's Trumpkin contest

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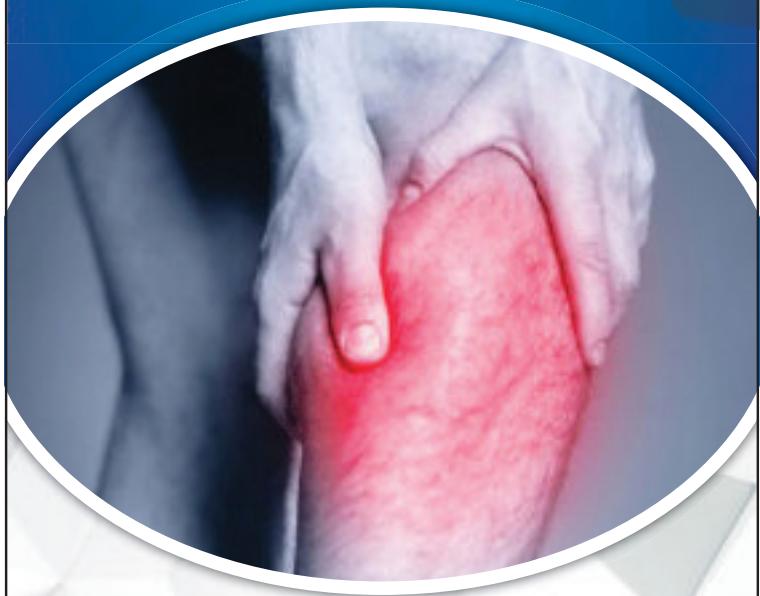
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Hindu on the Bindu is the 'Elf on the Shelf' for kids celebrating Diwali

David Euler, who worked at Harvard Medical School for 16 years, has created a Hindu version of the holiday book-and-doll combination.



KRISTIN TOUSSAINT
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There's the Elf on the Shelf for Christmas and the Mensch on a Bench for Hanukkah, but David Euler, an acupuncturist who previously worked at Harvard Medical School, felt like something was missing for his multi-cultural family.

His kids, now 7 and 9, loved the Elf on the Shelf and the Mensch on the Bench, he said. Euler is Jewish and his wife is Hindu, and once when playing with his kids around the holidays, he thought, "Hey wait a minute, something is missing in this picture here, how about a Hindu version?"

So he made one himself, called The Hindu on the Bindu, as a way for his kids to have a similarly holiday-themed book-and-doll combo for Diwali, the annual Hindu festival of light.

"Diwali is huge and colorful. It's full of stories about light that beats the darkness, the same way



David Euler hopes everyone can enjoy the Hindu on the Bindu doll. PROVIDED

as Christmas and Hanukkah," Euler said.

The Hindu on the Bindu is everyone's "inner child, our spirit of imagination and our connection to creativity and hope," according to the website, and it's not just something that can be associated with Diwali on Thursday. Euler wants the focus of the book and toy to be about storytelling, something kids can experience all year around.

"I see so many kids devoted to their [games] and telephones and if you ask them questions about heritage, about their family, they wouldn't

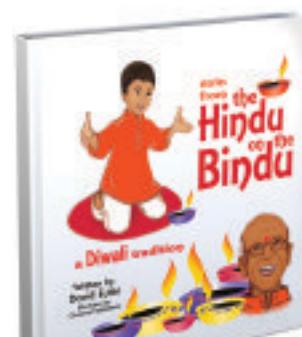
know what to answer," he said. "If you don't know where you're coming from, you don't know where you're going, and that's a problem. I want to bring people back again, to know where they're coming from."

The book opens with a man who tells stories in his village, but one day he wakes up and has no stories to tell. He's dis-

traught, until he hears a knock inside his head from the child that sits on his bindu, the red dot applied to the forehead in Hinduism. The bindu is a symbol of beginnings, Euler said, and that marks the two characters setting off to find more stories.

Hindu on the Bindu was a sponsor of this year's Times Square Diwali celebration, and while there, Euler said he saw so many kids smile at the sight of the doll. He hopes the doll can reach all kinds of people in the same way.

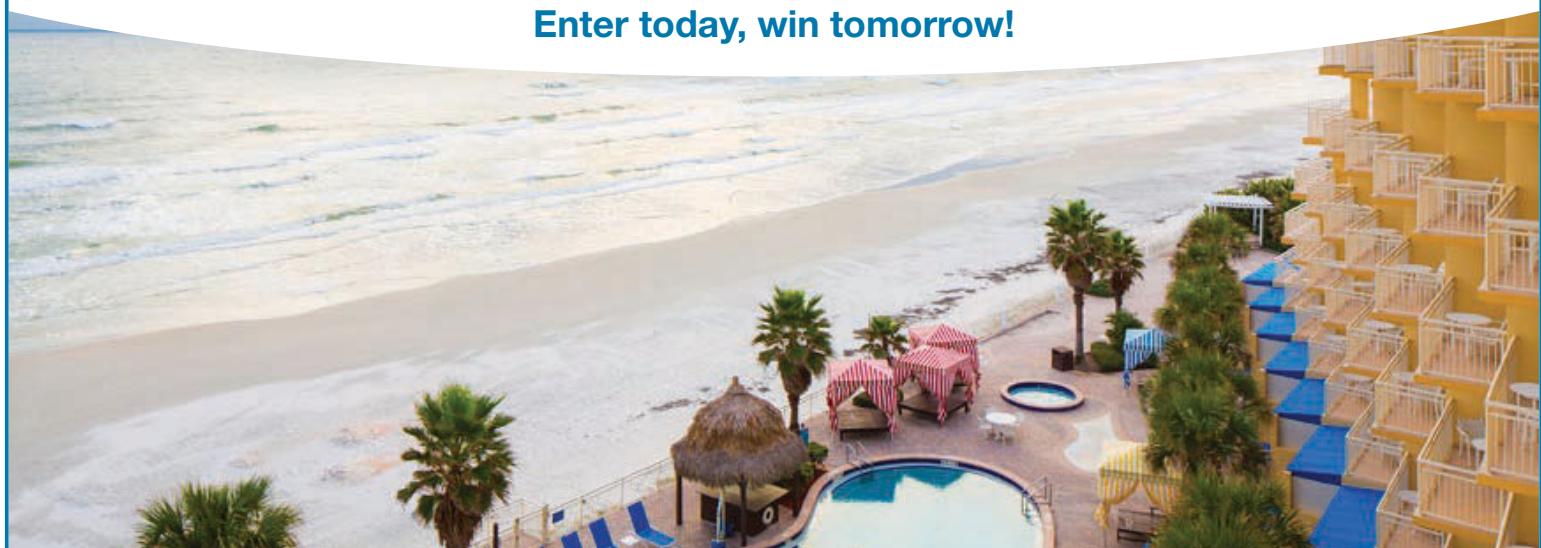
"Since we are already a mixed family, my vision is that children from all over will basically read this story and then be encouraged to tell their own stories or find out own stories from their family," Euler said. "I decided that being a Jew living in the U.S., where so many countries merge together, I wanted to create a story project where people tell the stories of their ancestors... about what happened when they were young, how did they celebrate whatever — Christmas, Hanukkah or Diwali."



The book-and-doll combo is for kids celebrating Diwali. PROVIDED

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Mayor's office says it wasn't informed of self-driving car tests

The state reportedly didn't give a heads up about the tests, which are slated to come to New York City in 2018.



KRISTIN TOUSSAINT
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New York City's streets are about to get a bit more clogged, but with-

out the New York drivers.

Autonomous cars are coming to Manhattan in early 2018, Gov. Andrew Cuomo announced, a development that was reportedly news not

just to New York City residents, but to city officials, as well.

"The city was not given much notice, and we certainly were not consulted," Eric Phillips,

Mayor Bill de Blasio's press secretary, told WCBS. "We have very real safety concerns."

City Council Speaker Melissa Mark-Viverito also said she had been left out of the loop.

"Neither I nor staff were contacted/given heads up," she tweeted.

Cuomo's office, however, said that the city was alerted months ago and had been alerted again before the official announcement was made.

The driverless cars will be tested by General Motors and Cruise Automation. The two companies were the first to apply to test fully-autonomous vehicles in New York state as part of pilot program legislation passed by Cuomo in May.

"Autonomous vehicles have the potential to save time and save lives, and we are proud to be working with GM and Cruise on the future of this exciting new technology," Cuomo said in a statement. "The spirit of innovation is what defines New York, and we are positioned on the forefront of this emerging industry that has the potential to be the next great technological advance that moves our economy and moves us forward."

Officials have already begun mapping where

the self-driving cars will be tested in a geofenced area of Manhattan, according to the governor's office.

The vehicles being tested are considered Level 4 autonomous vehicles, meaning they're one step below full automation, according to the Society of Automotive Engineers. Level 4 "high automation" vehicles can operate without human intervention, but only within certain parameters, like road type or geographic area.

This will mark the first time Level 4 autonomous vehicles will be tested in New York state, which will open more doors for the technology, experts say.

"The city was not given much notice, and we certainly were not consulted. We have very real safety concerns."

Eric Phillips

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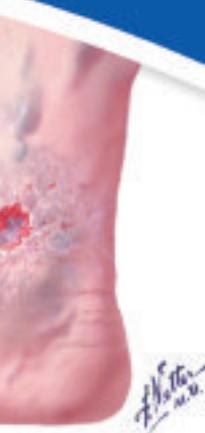
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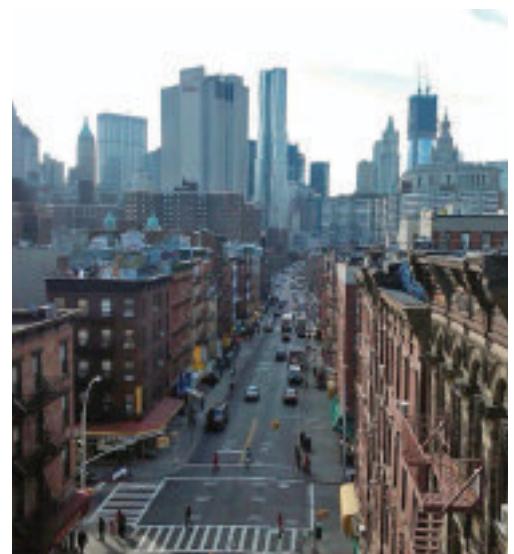
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A view of an orange Empire State Building iSTOCK

New York City landmarks go orange for Amazon HQ2 bid

The Empire State Building, One World Trade and other landmarks turned orange last night.

NIKKI M. MASCALI
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nikki.mascali@metro.us

New York City lit up some of its most iconic landmarks last night ahead of Thursday's proposal deadline for cities vying to be home to Amazon's second North American headquarters.

To support the city's

official bid for what's being dubbed as "HQ2," the Empire State Building, One World Trade, 4 Times Square, 1 Bryant Park, Bloomberg Tower, Pier 17 in the Seaport District, billboards in and near Times Square and LinkNYC kiosks across the five boroughs turned "Amazon orange" at exactly 9 p.m. Wednesday night.

The case for bringing Amazon's new headquarters to New York City is simple: We are the global capital of commerce, culture and innovation," Mayor Bill de Blasio said in a statement.

"No city has stronger talent, greater diversity or a more dynamic economy."

The landmark lighting comes just days after Newark joined the ranks of dozens of other cities across the country that are clamoring to house what will be the "full equal" to the online retailer's Seattle headquarters.

While the landmarks turned orange in solidarity with the city's HQ2 bid, New Yorkers were encouraged to join in by sharing photos of the

lights using #HQ2NYC.

Additionally, officials released a short video called "Add to Cart, the Day 1 City" to highlight the amenities it can provide to Amazon, which is looking for locations that have a population of more than 1 million, quick access to international airports and lots of space to house the \$5 billion facility that could provide 50,000 jobs to the chosen city.

Though officials think New York is a prime contender for Amazon's HQ2, how does the city measure up to some of the other cities bidding?

It's in the top six, according to a report from Everest Group, a Dallas-based consulting and research firm that centers on strategic IT, business services and sourcing.

Basing its analysis on scalability of talent, business mix, time zone and physical proximity, Everest Group determined that Atlanta, Boston, Chicago, Dallas, New York and Washington, D.C., "are the most viable candidates in the United States," the report said.



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BRIEF



The average U.S. family spends \$2,000 per year on utilities. GETTY IMAGES

New York is No. 1 in energy efficiency, study says

A new WalletHub study ranks New York as the most energy-efficient state in the nation.

The study also placed New York as number one for auto efficiency and number four for energy efficiency at home.

Energy is the biggest household expense for Americans. The average U.S. family spends \$2,000 per year on utilities. Heating and cooling accounts for more than half of the bill, according to the U.S. Department of Energy. The average consumer also dropped another \$1,900 on motor fuel and oil in 2016, but that amount has been declining in recent years.

Alaska and Hawaii were ex-

cluded from the survey. Vermont and Utah took second and third place, respectively.

Home efficiency was calculated using the ratio of total residential energy consumption to annual degree days. Auto efficiency was calculated by dividing the annual vehicle miles driven by gallons of gasoline consumed to determine vehicle-fuel efficiency and measuring annual vehicle miles driven per capita to determine transportation efficiency.

The scores were graded on a scale of one to 100, with 100 being a perfect score when weighted to proportionally reflect national patterns.

New York state earned a total score of 90.22. KIMBERLY M. AQUILINA

White House says Trump opposes Senate's bipartisan Obamacare deal

The agreement would shore up

Obamacare by reviving billions of dollars of federal subsidies to insurers for two years to help lower-income Americans obtain medical coverage.

A bipartisan deal from two senators to stabilize Obamacare by restoring subsidies to health insurers suffered major setbacks on Wednesday with the White House saying President Donald Trump now opposes it and senior Republicans speaking out against it.

House of Representatives Speaker Paul Ryan, Senate Finance Committee Chairman Orrin Hatch, Senate Republican leadership member John Thune and others expressed hostility to the deal announced on Tuesday by Republican Lamar Alexander and Democrat Patty Murray. It was uncertain if it would ever come to a vote in a Congress controlled by Trump's fellow Republicans.

Alexander said on Wednesday that Trump had "completely engineered" the bipartisan proposal, but the presi-

dent backed away from support he had expressed a day earlier.

On Tuesday, Trump said the White House was involved in the negotiations and that the agreement was "a very good solution" for a short-term approach, but said on Wednesday he could "never support bailing out" insurance companies.

Trump has cut off subsidies to the companies, saying Congress has not provided money for them and that they enrich insurers.

White House spokeswoman Sarah Sanders said Trump did not support the deal in its current form, although she called it "a good step in the right direction."

"Look, we've said all along that we want something that doesn't just bail out the insurance companies but actually provides relief for all Americans," she said at a briefing. "And this bill doesn't address that fact."

The confusion among lawmakers in both parties over Trump's position on the healthcare deal and the lack of trust some of them have in the president come as Congress is entering a crucial period when important bills on federal spending, the U.S. debt limit and

tax cuts are due for consideration.

Thune said the agreement might have "stalled out" and that its future was an "open question." Republicans have a 52-48 Senate majority, but

other than Alexander only a few have publicly embraced the plan, including Sens. John McCain, Susan Collins, Lisa Murkowski, Mike Rounds and Bob Corker.

"No way to pay for it,"

Hatch said. "Oh, my gosh, give me a break. I appreciate the innovation and the attempt to do it right. But it doesn't help."

Trump, who campaigned on a promise to get rid of Obamacare

but has been frustrated by the failure of Republicans in Congress to pass legislation to do so, also made clear he wanted broader legislation to repeal and replace the law.

REUTERS



President Donald Trump GETTY IMAGES

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And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . **Because They Are**

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The **NYC Pain MD** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important, to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint, and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at **NYC Pain MD** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication..."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While **NYC Pain MD** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary, patient to patient.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to **NYC Pain MD** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at **NYC Pain MD**.

Patients Should Be Assured About Precision Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imaging and then not use it during the treatment procedure!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** You can actually see the lubricating gel as it goes where it is needed. **If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.**

If you are going to have this treatment, make sure you ask your doctor if special digital imaging is used **THROUGHOUT THE ENTIRE PROCEDURE.** Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"

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Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possibly lessen or eliminate your pain. This treatment

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may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at **NYC Pain MD** could be the answer you are looking for. **This is important - this is especially for you if you have had viscosupplementation in the past without good results.**

Many patients who did not have good results elsewhere are often able to get very favorable results because of the advanced technology and procedure experience at **NYC Pain MD**. In fact, some patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

How To Find Out If The Experts At NYC Pain MD Can Help You

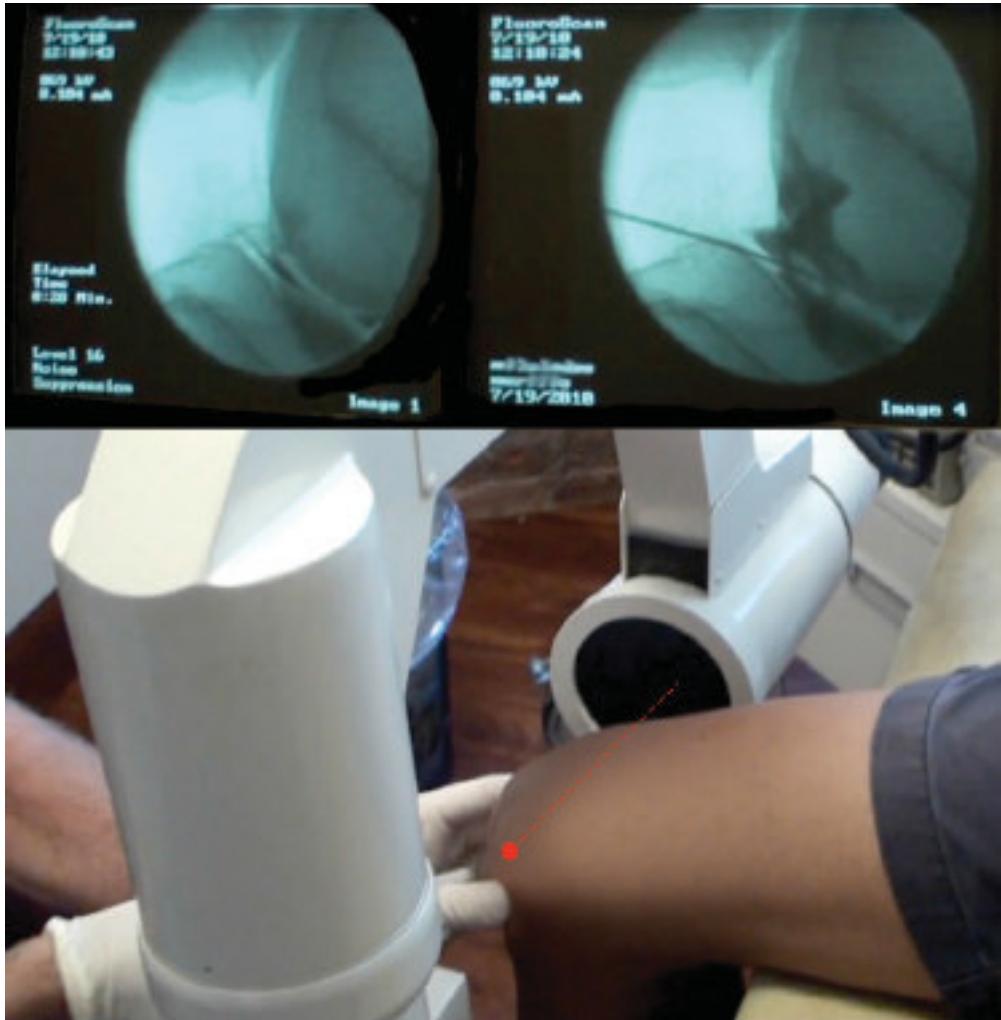
If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening, just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time they deserve. If you have ever been to a doctor's office and been rushed or treated like a number - **NYC Pain MD** is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients



The Secret To Knee Pain Relief? With advances in medical science and technology the doctors at **NYC Pain MD** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. **NYC Pain MD** receives hundreds of patient calls weekly... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have set up an easy screening visit. This screening will help determine if you are a candidate for additional examination

and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-741-5340. Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

The secret to success: Technology with Caring Doctors: NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.

like the good 'ole days... then **NYC Pain MD** may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.

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McKayla Maroney says she was sexually abused by ex-US Gymnastics doctor

Former United States gymnast and two-time Olympic medalist McKayla Maroney revealed in a Twitter post using the #MeToo hashtag that she was sexually assaulted for years by former US gymnastics doctor Larry Nassar.

The 21-year-old said that the abuse began when she was as young as 13.

"Dr. Nassar told me that I was receiving 'medically necessary' treatment that he had been performing on patients for over 30 years," Maroney wrote. "It started when I was 13 years old, at one of my first National Team training camps, in Texas, and it didn't end until I left the sport. It seemed whenever and wherever this man could find the chance, I was 'treated.'"

Those treatments involved intra-vaginal and intra-rectal procedures that even occurred before she won the gold



Two-time Olympic medalist McKayla Maroney said she was sexually abused by former Team USA doctor Larry Nassar. GETTY IMAGES

medal as a part of the "Fierce Five" and the silver in the vault at the 2012 Summer Games in London.

She even recounted a harrowing night as a 15-year-old when Nassar gave her sleeping pills while on a flight to Tokyo in what she called "the scariest night of my life."

"The next thing I know, I was all alone with him in his hotel

room getting a 'treatment.' I thought I was going to die that night."

Nassar has been accused of abusing over 140 women and is facing 22 counts of first-degree criminal sexual conduct and could be sentenced to life in prison on Nov. 27. He pleaded guilty to possessing child pornography and destroying the files last summer.

JOE PANTORNO

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Info: This lecture is free and open to the public, but you must RSVP. To attend, email cancerevents@nyumc.org or call 212-263-2266.

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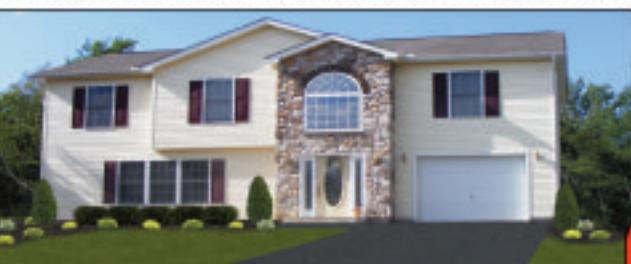
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Mount Sinai West

1000 Tenth Avenue at
West 58th St., Main Lobby
Contact: Wendy O'Brien
646-745-5725

Mount Sinai Union Square

10 Union Square East
Second Floor-Atrium
Contact: Lena Chang
212-420-4746



Mount Sinai St. Luke's
1111 Amsterdam Avenue
at 114th St.
Babcock Lobby, First Floor
Contact: Stephanie Guareño
212-523-2529

Vegas security guard breaks his silence

Jesus Campos has reemerged after being shot in the deadly attack.

 LINNEA ZIELINSKI
@MetroNewYork
letters@metro.us

The security guard who approached the hotel suite of the gunman at a Las Vegas festival has finally told his story.

Jesus Campos appeared on "Ellen" on Wednesday to discuss the events of Oct. 1, when Stephen Paddock opened fire on the crowd at the Route 91 Harvest Festival from his suite on the 32nd floor at the Mandalay Bay Resort and Casino.

"I'm doing better each day, slowly but surely. Just healing mentally and physically," he told host Ellen DeGeneres as he recounted the events of that night. Campos appeared alongside building engi-



Stephen Shuck, left, and Jesus Campos have spoken out. COURTESY WARNER BROS.

neer Stephen Schuck.

Campos had turned down multiple requests for interviews before appearing on "Ellen."

Campos said he heard "drilling sounds" from the hotel room. He was shot through the door as he approached, just before

a heavily armed Paddock fired into the crowd from his window, killing 58 and wounding hundreds more.

Recovering from such a trauma is a process, the men said.

"As each day passes, we're working to get over this," Schuck said.

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Stress is as bad for your gut as junk food

Stress can make us feel sick to our stomachs from time to time, but a new study from researchers at Brigham Young University in Provo, Utah, and Shanghai Jiao Tong University in China, shows that living a stressful lifestyle could have the same impact on your gut health as a diet full of junk.

For the study, researchers split a large group of mice into two groups, both comprised of 50 percent male mice and 50 percent female mice. One group was fed a high-fat diet for 16 weeks, while the other group ate a standard diet. After the 16 weeks, researchers subjected both groups of mice to different kinds of stressors — including predator sounds, wet bedding and cold water — and then took samples of their fecal matter for 18 days.

The results? The gut microbiota in the group fed a high-fat diet changed significantly—and the male mice experienced more anxiety than the female mice, along

Stressed out? Chances are your stomach's upset as well. **ISTOCK**

with a decrease in activity. However, the female mice in the standard diet group experienced significant changes in their gut microbiota like the high-fat group. The male mice in the standard diet group didn't show a change.

These results suggest that women and men react differently to stress.

"Stress can be harmful in a lot of ways,"

So, tell your boss you can't take on that project because you don't want to put your gut health at risk. Just kidding — that probably won't fly. Instead, just do what you can to minimize the stress in your life.

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Trump could inspire white supremacists to be 'more daring' than Charlottesville: Experts

"The far-right is resurgent ... with a president that espouses demagoguery and bile," an expert on white nationalist movements said.



KIMBERLY M. AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

Experts on white supremacism say Americans should be concerned that the "bile" of President Donald Trump's rhetoric will inspire white nationalists to be more "daring."

British scholars Clive Webb and Robert Cook, of the University of Sussex, talked about the "resurgent" neo-Nazi movement in the latest episode of the university's Trump Watch podcast.

"The far-right is resurgent ... with a president that espouses demagoguery and bile," said Webb, a historian of white supremacist movements. "That can only serve to energize the far right ... making it more daring in



The rallies by neo-Nazis and white nationalists in Charlottesville, Virginia, in August led to violent street clashes with counterprotesters. GETTY IMAGES

its actions."

This surge in the white supremacist movement comes as a "war for the soul of the Republican Party" is creating rifts in the GOP, Cook, an expert on the Civil War, added.

"In the months to come, we will see Trump siding with the opponents of the Republican mainstream, and white supremacist rhetoric will undoubtedly play a very, very important role in those efforts on the part

of the president," Cook said. "The president of the United States is giving at least implicit sanction to the conduct of people who should be far beyond the political pale."

Steve Bannon — a champion of the "alt-right" — is no longer part of the Trump administration, but No. 45's comments calling white nationalists chanting Nazi slogans "very fine people" could embolden the hate groups.

The rallies by neo-Nazis and white nationalists in Charlottesville, Virginia, in August led to violent street clashes with counter-protesters. A peaceful counter-protester, Heather Heyer, was killed at the "Unite the Right" rally in Charlottesville, Virginia, in August by a car police say was driven by a white supremacist.

Florida Gov. Rick Scott declared a state of emergency on Monday ahead of a speech by a white nationalist leader later this week at the University of Florida, in order to free up resources to prepare for possible violence.



Naughty or nice? POTUS treated America with another Trump Christmas rant this week. GETTY IMAGES

Judging by his latest rant, Trump must really love Christmas

Forget trick or treating. Forget that turkey and stuffing. Trump Christmas is what POTUS is talking about and visions of tax reform are dancing in his head, even though Halloween is still two weeks away and Thanksgiving more than a month in the future.

On his quest to "Make America Great Again," President Donald Trump has some people curious when America will trick or treat again when he acted like a kid excited for Santa's gifts and blew right to Christmas during a speech on Tuesday. According to the most recent Trump Christmas rant, what is under the tree?

"Let's give our country the best Christmas pres-

ent of all: massive tax cuts," the president said.

But he didn't stop there. Trump then went full Yuletide.

"And speaking of Christmas ... yes? You want to hear it? Speaking — I'm just talking about Christmas presents, I'll give you a bigger Christmas present, you're going to be saying 'Merry Christmas' again, OK? You're going to say 'Merry Christmas.'

Trump hasn't mentioned Halloween very much, but Team Trump just released an orange, Halloween-themed version of the MAGA hat, with a jack-o'-lantern on the front and the slogan "Make America Great Again" on the back.

KIMBERLY M. AQUILINA

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NOTICE OF A FRANCHISE AND CONCESSION REVIEW COMMITTEE ("FCRC") PUBLIC HEARING to be held on Monday November 6, 2017 commencing at 2:30 PM at 2 Lafayette Street, 14th Floor Auditorium, Borough of Manhattan on the following items: 1) a proposed assignment of an information services franchise agreement between the City of New York and Metro Fiber Co., LLC, doing business as Axiom Fiber Networks; and 2) a proposed assignment of a telecommunications services franchise agreement between the City of New York and Metro Fiber Co., LLC, doing business as Axiom Fiber Networks (collectively, "the Metro franchises") whereby Metro proposes to assign its assets, including its franchise agreements, to EdgeNet Systems (New York), Inc.

A copy of the proposed organizational chart describing the assignments and the franchise agreements may be viewed at the Department of Information Technology and Telecommunications, 2 Metrotech Center, 4th Floor, Brooklyn, New York 11201, commencing October 16, 2017 through November 6, 2017, between the hours of 9:30 AM and 3:30 PM, excluding Saturdays, Sundays and holidays. Hard copies of the proposed organizational chart and the franchise agreements may be obtained, by appointment, at a cost of \$.25 per page. All payments shall be made at the time of pickup by check or money order made payable to the New York City Department of Finance. The proposed organizational chart and the franchise agreements may also be obtained in PDF form at no cost, by email request. Interested parties should contact Brett Sikoff by email at bsikoff@doit.nyc.gov.

NOTE: Individuals requesting sign language interpreters at the public hearing should contact the Mayor's Office of Contract Services, Public Hearing Unit, 253 Broadway, 9th Floor, New York, New York 10007, (212) 788-7490, no later than SEVEN (7) BUSINESS DAYS PRIOR TO THE PUBLIC HEARING. TDD users should call Verizon relay service.

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Why Dan Price increased his company's minimum wage to \$70k

He used to be just another American CEO. But three years ago, he started a revolution.



PAT KING
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Treat your employees fairly and they will be happy.

What a concept, huh? It seems that an idea like that would be on the opposite side of controversy. But for Dan Price, the founder and CEO of the Seattle credit-card company Gravity Payments, his willingness to stick up for his workers was met by both praise and concern from his peers in the business world.

Three years ago, Price decided to reduce his high salary considerably in order to raise the minimum wage for all of his employees to \$70,000 a year. This decision changed his status overnight from "just another CEO in America" to the working man's revolu-

tionary. If he hasn't given up his parking spot in the Gravity lot yet, he should have "Founder, CEO and Gamechanger" written underneath his name.

According to Price, the decision was born completely out of compassion. "I was on a hike with a close friend of mine," he says, "I have deep admiration for her. She has served her country and now works two jobs. After some time hiking and conversing, she mentioned her rent was increasing by \$200 per month and didn't know how she was going to make ends meet."

"I felt terrible. I was angry at her employer and the overall situation. Here was someone who has given so much and works so hard but can barely afford the basic necessities of life. But I then realized she was making more than many of the people that work so passionately and make sacrifices for my company."

"She deserved a living wage. My team deserved a living wage. I wrestled



Dan Price, Founder and CEO of Gravity Payments. LUKE RUTAN

with the idea for days. I tried rationalizing with myself. I couldn't sleep.

"Finally, I knew I had no choice. I had a moral imperative to do this not only for my team I care about so much but also for our clients and business."

From there, Price took it upon himself to com-

pletely change the playing field at Gravity and tackle income inequality head-on. In the three years since his decision, he believes the payoff has been monumental.

"Before we announced the \$70k minimum wage," he says, "we didn't see many of our team members

starting families. In any given year we may have had zero, one or two at the most new-baby announcements. In the year following our \$70k minimum wage, we had 13 team members announced they are expecting — 10 of them first-time parents. As a CEO, you could never

find anything to be more proud of than to see the people that work so passionately alongside me experiencing one of life's greatest joys."

But a 2015 New York Times profile on Price found that not everyone was happy with his call to action. In the aftermath, some of his top employees had decided to part ways with the company as they believed that the raises they were receiving were not fair in relation to their status within the company. And some of Gravity's clients had also chosen to part ways in fear of this radical change affecting their rates.

But three years later, Price is as defiant as ever in his crusade. "Some of the most fulfilling moments I've had since making the \$70k announcement," he explains "have been challenging people to think differently about the purpose of business, encouraging and seeing other business leaders inspired to set a living wage at their companies."

Other employers are changing the game

Megan Driscoll, founder, and CEO of the Boston recruiting firm PharmaLogics, also introduced a policy to raise the minimum wage at her company. This decision was influenced largely by Price's keynote speech at the Inc. 5000 conference in 2015. She considered it a revelation. "I had never heard of him before," says Driscoll. "I know he had gotten some press before he was on the cover of Inc. magazine but I wasn't aware of it." As she listened, the points he was making began to set in and quickly rewired her brain. "The concept of a living wage to me was somewhat new," says Driscoll and after hearing the speech, she knew she had to make a change in her company.

At the time, her company paid entry-level recruiters \$38,000 as base



Dan Price and Megan Driscoll at PharmaLogics Recruiters. GETTY IMAGES

salary with the opportunity to earn an additional \$20,000 in commission. Not a bad salary for someone fresh out of college, but Driscoll began to think about what limitations a low base pay could mean for her employees. "In order to rent, you need to show what your base pay is. In order to get a mortgage, you need to show what

your base pay is," she says, "Let's say you want to take your parents out to dinner. You can't do that on any Saturday night. You're going to have to wait until your bonus gets paid out." So she asked herself, what if we bring their base pay up to \$50,000 and still offered \$20,000 in commission? She knew that it would be a big financial

"We chose to invest that money back into the business, and what it did was return even greater."

Megan Driscoll

risk for her company, but that it would have to "be willing to lose it" to help her employees.

So, on her flight back home to Massachusetts, she scribbled down some ideas on a napkin and quickly implemented these changes. Since her decision, PharmaLogics has noticed a higher profit margin and retention rate of employees.

WHEN THINKING OUTSIDE OF THE BOX GOES WRONG

Is a low minimum wage the only workplace concept that is out of date? At the California-based company Tower Paddle Boards, founder and CEO Stephan Aarstol had a feeling that he needed to rethink the whole idea of the normal 9-to-5 workday. So in 2015, he decided to shake things up by introducing a five-hour workday for his employees. It started out as a three-month trial period but eventually became the lay of the land. The normal business hours just didn't sit right with a relaxed image of Tower. "I felt we, as a company, weren't living true to our brand," says Aarstol. The decision was made. "I had a team meeting and let everyone know that we were going to do a three-month test starting on Monday, 8 a.m.-1 p.m. straight through, no lunch. I'm giving you your life back, but the catch is you've got to be as productive as before or more so, or you will get fired."

Although this schedule offered employees more freedom

in their time outside of work, it turned out that this decision was not as popular as Aarstol had hoped. In the two years after, some employees joined the company out of interest in this policy while others left. "We lost four people within a 90-day period," says Aarstol, "One I fired, so that was on me, but he needed to go as he wasn't productive. And three very productive people quit. It seemed ridiculous to me that these people would quit, almost a little insulting, as they had a pretty great thing going." In hindsight, he can understand that emphasizing productivity in a small window could have created harmful fissures within his team.



Stephan Aarstol SAN DIEGO STATE UNIVERSITY LAVIN ENTREPRENEURSHIP CENTER FACEBOOK

Fall Broadway preview



Theater for the whole family

Step inside SpongeBob's pineapple under the sea this fall. [JOAN MARCUS](#)

The most wonderful time of the year also brings some great kid-friendly productions.



EVA KIS
@thisiskis
eva.kis@metro.us

"The SpongeBob Musical"

Can a musical about an animated talking sponge

and his undersea friends possibly make it on Broadway? Tina Landau's (Steppenwolf) adaptation of the global hit "SpongeBob SquarePants" cartoon certainly managed to impress critics during an initial run in Chicago last year. The wide-ranging soundtrack features a roster of well-known artists like Steven Tyler and Joe Perry of Aerosmith, David Bowie, John Leg-

end, Panic! At the Disco and many more, and like the show, the musical has plenty of winks for adults. And what's a more relevant message than coming together to save the world right now? *Performances begin Nov. 6, spongebobbroadway.com*

"Once on This Island"

A favorite among theater kids, "Once on This Island" is sacred theatrical

material. It's just as closely held by its creators, who had to be convinced that young Broadway actor/director Michael Arden had the right vision before agreeing to the revival of their smash musical. He won them over, and this one-act musical about breaking down barriers in a community, the importance of traditions and more themes that especially resonate

now, is back on the main stage. A stripped-down acoustic soundtrack and unconventional casting make sure this won't be just another revival. *Performances begin Nov. 9, oneonthisisland.com*

"Aladdin"

Three-and-a-half years ago, Disney's "Aladdin" made his first wish on Broadway, and the musical has continued to win fans with its high-energy onstage magic and timeless tale of love conquering all. This summer, a new face arrived to take on the lead role: Telly Leung, who previously starred in the first-ever acapella musical "In Transit," so you know he's got the vocal chops to make that magic carpet fly. [aladdinbroadway.com/elf](#)

things to do

sets out to find his real father to see if he'd be any better at being a human. It's a good reminder that family, birth or the found kind, can get you through anything, and that believing in our dreams is the real magic inside all of us. *Dec. 13-29, theateratmsg.com/elf*

"The Lion King"

The cats of "Cats" aren't the hardest-working felines on Broadway — that would be pride of "The Lion King" pride of lions (as well as mischievous hyenas, 18-foot-tall giraffes and many more) celebrating their 20th anniversary on Broadway this month. The spectacle of lifelike puppetry and human agility means the Circle of Life won't be broken soon, but why wait to experience a story you all love in a whole new way? [lionking.com](#)

EXPLORE THE DEPTHS OF THEATRICAL INNOVATION

"BEAUTIFULLY VISUALIZED, DELICIOUSLY QUIRKY. It might just be the yellow tonic Broadway needs."

—Chris Jones, *Chicago Tribune*

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"Beautifully visualized, deliciously quirky and inarguably unique," Chris Jones wrote in the *Chicago Tribune* in the city where the show played to critical acclaim before its New York debut.

Broadway's top creative talents bring the Nickelodeon series to life with humor, heart and pure theatricality. Be there when SpongeBob and all of Bikini Bottom face catastrophe—until an unexpected hero rises.

"Our musical is about community—and the diverse, colorful individuals who come to cherish it," explains Tina Landau, conceiver and director. The biggest stars in music today contributed to the score, which represents "a community of songwriters, each singular in his or her own writing voice—yet all a part of the kaleidoscopic world we call Bikini Bottom."

Each of these artists brings something new and different: Yolanda Adams, Steven Tyler and Joe Perry of Aerosmith, Sara Bareilles, Alex Ebert of Edward Sharpe & The Magnetic Zeros, The Flaming Lips, Lady Antebellum, Cyndi Lauper, John Legend, Panic! At the Disco, Plain White T's, They Might Be Giants, T.I. Songs by David Bowie, Tom Kenny and Andy Paley, additional lyrics by Jonathan Coulton and additional music by Tom Kitt enhance the experience.

Brendon Urie of Panic! At the Disco says, "The world needs SpongeBob now. We need someone to lead us out of the darkness... SpongeBob perseveres through some terrible times [yet] he's that confidant, loveable character."

"The quality of the show, the writing, the people that put so much time and effort into making it; it's gonna become a classic," predicts Aerosmith's Joe Perry. Previews begin November 6.



Ethan Slater as SpongeBob SquarePants/Lilli Cooper as Sandy Cheeks. Photo by Joan Marcus.

■ Palace Theatre • 47th & Broadway • [SpongeBobBroadway.com](#)

DISCOVER WHY ALADDIN IS “EXACTLY WHAT YOU WISH FOR!”



ALADDIN – THE HIT BROADWAY MUSICAL – BY THE NUMBERS

5 COUNTRIES

Now in its third, thrilling year on Broadway, **ALADDIN** is an international sensation too! It's earning standing ovations nightly in Tokyo, Japan; Hamburg, Germany; London's West End and Sydney, Australia. And a North American tour is currently visiting cities all over the country, from Minneapolis to Seattle, San Francisco to Los Angeles, with many more stops planned along the way.

84 ASTONISHING MOMENTS

A magic carpet soars breathtakingly across the night sky. Pyrotechnics explode. Waiters pop out from under the stage and leap into a big dance number. There are 84 effects and illusions happening at **ALADDIN**. Keep your eyes peeled, so you don't miss a thing. It's no wonder *The New York Times* says this musical is "FABULOUS" and "EXTRAVAGANT."

1 HIGH-OCTANE GENIE

Talk about working up a sweat on Broadway! During the exhilarating, Act 1 showstopper "Friend Like Me," the Genie and ensemble race around the stage for eight, non-stop minutes in a marathon of a production number. This causes their heart rates to rise steadily from exertion and adrenaline combined. After all, there's nothing like performing for an elated audience of more than 1,700 people!

2.1 MILLION CRYSTALS

The show's 337 handmade costumes are glittered with over 2.1 million Swarovski® crystals. In fact, just one costume piece used in the finale of "Friend Like Me" contains 1,428 sparkling beads! That's a lot of bling!

180 PEOPLE

That's the number of pros who work in the theatre at every performance. From ushers to stagehands to dressers and the performers on stage, a whole community comes together to make Agrabah buzz with life. Add in the show's creative team, including director/choreographer Casey Nicholaw, composer Alan Menken, bookwriter/lyricist Chad Beguelin, lyricists Howard Ashman and Tim Rice, plus the design team, and you have a big population working to create what *The Wall Street Journal* calls "BROADWAY MAGIC!"

Photos of Telly Leung, Courtney Reed, Major Attaway and the Original Broadway Cast by Matthew Murphy and Deen van Meer. ©Disney



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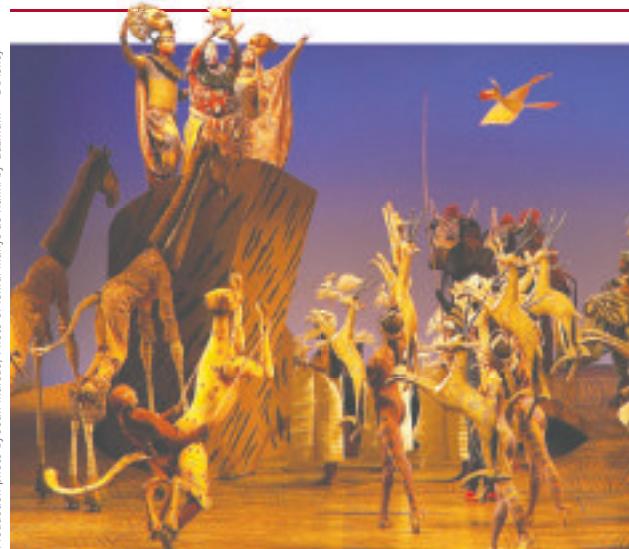
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“THERE IS SIMPLY NOTHING ELSE LIKE IT.”
The New York Times

exceptional work of Tony Award®-winning choreographer Garth Fagan and a magnificent score crafted by the Tony Award®-winning songwriting team of Elton John and Tim Rice.

Now is the time to join the circle of life at **THE LION KING**, playing eight times a week at the Minskoff Theatre. Feel the joy. Feel the thrill. Feel alive... at **THE LION KING**.

Production photo by Joan Marcus. Photo of Ishtai Manye as Rafiki by Guzman. ©Disney



Over 90 million people around the world have experienced the stunning artistry, unforgettable music and exhilarating choreography of Disney's **THE LION KING**. It's The Award-Winning Best Musical and one of the most awe-inspiring productions ever brought to life on stage. And this fall, **THE LION KING** will celebrate 20 years on Broadway. *The New York Times* raves, "There is simply nothing else like it."

Winner of six Tony Awards® including Best Musical, this musical theater phenomenon showcases the talents of one of the most acclaimed creative teams on Broadway. Tony Award®-winning director Julie Taymor reimagines the popular story using some of theater's most extraordinary stagecraft. **THE LION KING** also features the



Disney PRESENTS

THE LION KING





Governors Island goes all in on Halloween

The park is open for the first time through the end of October, and it's pumpkins all the way to Halloween.



Statue of Liberty views and choosing which pumpkin you'll deface, you'll be treated to live music by different acts each day, ranging from jazzy blues to revived folk music, bluegrass on the banjo and ragtime on a ukulele. Even the tunes are seasonal!

Halloween-themed treats like "ghoulash," made with produce harvested on Governors Island, pies and hard cider will be available from Little Eva's, plus arts & crafts activities and even a hayride to take you back to the ferry point.

If you haven't gotten tickets yet to Rise of the Jack O'Lanterns, the first-ever haunted pumpkin patch within city limits, time slots are selling out fast. Coming to Colonels Row on Oct. 26-29 from 6-10 p.m., get ready to be spooked and awed by hand-carved pumpkins as you stroll along a decorated pathway.

Or you can jump right into Halloween with tons of themed events during the last two weekends of the October.

Visit the reimagined Picnic Point on Oct. 21-22 and Oct. 29-30 between 11 a.m.-5 p.m., and you'll instead find yourself at Pumpkin Point, a giant pumpkin patch of 2,000 gourds — minus the one you can take home, of course.

While enjoying the

Finally, on the last Saturday of its season, Oct. 28, get in some early trick-or-treating with the kids (and big kids, too — anyone in costume gets free candy) amid the historic homes in Nolan Park from 2-5 p.m.

As always, there's no entry fee to Governors Island except the \$2 round-trip ferry ride (free for kids under 13).



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Julia Turshen wants to 'Feed the Resistance'

The chef and author has a new cookbook that fuels activism with recipes.



KATE MOONEY
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In the wake of the 2016 election, Julia Turshen says she was "desperate for something to do, something that felt productive and meaningful."

The chef and author (of the cookbook "Small Victories," out last year, along with several others she's coauthored with celebrities like Gwyneth Paltrow and Mario Batali) had always been "committed to feeding people in her community." She and her wife, Design Sponge founder Grace Bonney, provide meals for the meetings of the Hudson Valley chapter of grassroots organization Citizen Action New York, as well as cook and transport meals to homebound clients via the Kingston, New York-based nonprofit Angel Food East.

But it wasn't until the election that Turshen says she was able to "connect the dots between

that community volunteer work and political activism." That's when she got the idea to write a new cookbook, "Feed the Resistance: Recipes and Ideas for Getting Involved," which combines recipes and essays from more than 20 chefs and writers on how to use food to fight oppression and injustice. All proceeds go to the ACLU.

"Feed the resistance" is both literal and figurative. The book is full of affordable and accessible recipes that will provide sustenance for those fighting the good fight, whether it's "Easy Meals for Folks Who Are Too Busy Resisting to Cook"; "Feeding the Masses: Foods for Crowds"; or "Baked Goods and Portable Snacks."

Von Diaz, a NYC-based Puerto Rican writer and radio producer, shares her recipe for Variations on Arroz a Caballo, a quick and easy rice dish traditionally topped with a fried egg and ketchup, but open to endless modifications. Bay Area-based chef Preeti Mistry contributes her Tikka Masala Macaroni and Cheese, a comfort food that lends itself to large quantities. The Choco-

late Espresso Pie Bars, from Savannah, Georgia-based chef Cheryl Day, draw inspiration from the legacy of the protest food movement, specifically, the efforts of Georgia Gilmore and the Club From Nowhere, a group of women who sold baked goods to fund alternative transportation during the Mont-

gomery bus boycott in the 1950s.

But the book is also meant to stimulate conversations about "how food can be a tool to resist injustice and oppression," says Turshen.

She recalls a quote from chef and author Nicole Taylor, who asked her, "When was the last time you invited

someone who doesn't look like you over for a meal?"

"When we come to understand that pretty much every single decision we make when we cook has political and cultural consequences — where you shop, who you're inviting to your table, where you're getting your recipes from

— we can understand our power as individuals and consumers, and the collective power we have as communities," Turshen explains.

Julia Turshen, along with Gina Hamadey and Nicole Taylor, presents "Feed the Resistance" tonight from 7:30 to 8:30 at Book Art Magic on 225 Smith St. Entry is free.

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A Bad Seed grows in Brooklyn

The state's first dry cidery brings its sugar-free brews to Crown Heights.

 **EVA KIS**
@thisiskis
eva.kis@metro.us

Cider lovers — and even those of you who prefer beer or wine — have a new home base in Brooklyn.

"I wish that our logo could officially be, 'Oh, sh—, I actually really like this,'" Bram Kincheloe says with a laugh.

As the co-owner of Bad Seed, a cidery in the Hudson Valley that claims to be the first to can a completely sugar-free hard cider, Kincheloe is used to making converts. "We definitely make cider for non-cider drinkers, but we have just as many fans of Bad Seed who are traditionally beer drinkers and wine drinkers."

And he's looking for a few more with Bad Seed Brooklyn, a taproom at 585 Franklin Ave. in Crown Heights. Open-

ing Friday, the bar has 12 taps of Bad Seed cider, plus eight rotating taps of New York state craft beer and bottled craft wine. Though they'll carry products from New York state distilleries, their license doesn't allow them to make cocktails.

Though the taproom doesn't serve any food, being located at the end of Franklin Avenue's restaurant row (not to mention Berg'n food hall) makes Bad Seed Brooklyn a natural place to start or end your night. There's bar and table seating inside, plus a backyard with four Adirondack chairs (park yourself in them while you still can).

The bar was made possible because of the state's Farm Cidery License,



which (among other incentives for small producers) allows cider makers to open tasting rooms. "So yes, we're opening a bar in Brooklyn, but it's technically an extension of our upstate farm," he explains. "We can pour any of our ciders, of course, but we can also do any beer, wine or other cider companies that also has a New York state farm license."

Back to the brews, though. When Kincheloe says Bad Seed's ciders are sugar-free (and, of course, gluten-free as all ciders are), he means completely. "There's a lot of dry ciders out there that are not actually dry — you're still getting 7 to 8 grams of sugar in there,"

All but one Bad Seed cider is fermented to full dryness and never back-

sweetened, "so one thing that we're really showing people is that you can make a delicious cider that's quite strong — most of our ciders are 6.9 percent — but with zero grams of sugar."

Though they only use apples to make the cider, they do also mix things up with flavors like cherry, blackberry, blueberry and cranberry, which will all be on tap. Their sweetest cider is made with ginger and has just 6 grams of sugar per 12 ounces — anything less, and the brew would be too spicy to drink.

The lack of sugar isn't the only thing that sets Bad Seed apart. "A lot of higher-end cider companies only use apples that would've been found in America in the 1800s," which often included inedible varieties like crab apples, he explains.

Bad Seed uses the same apples that Wilklow Orchards, where the cidery is based, would sell at farmers markets. "We're taking cider and taking it into the 21st century."

Wake up for Philly's famous doughnuts

How many restaurants do you know whose fans have a nickname?

That's how crazy Philadelphians are about Federal Donuts, which turns out zesty Korean-style fried chicken and always-fresh doughnuts for hordes of FedNuts — and, this weekend at Chelsea Market, you.

This Friday, Oct. 20 from 7-10 a.m., FedNuts chef Michael Solomonov is adding doughnuts to the menu at his popular hummus emporium Dizengoff inside the market. They'll be made to order in three flavors: Strawberry Lavender, Indian Cinnamon and Apollonia, described as an Israeli take on pumpkin spice.

Each doughnut is \$2 and also comes with a cup of free coffee from Ninth Street Espresso. If you'd like to learn the

FedNuts secrets for your own doughnut experiments, Solomonov will be signing his recently published how-to guide on making doughnuts from scratch Federal Donuts: The (Partially) True Spectacular Story. Spring for a copy (\$16.99) and get a free doughnut.

It's sure to be a mob scene, just as their one-day pop-up at Chef's Club last fall was, but showing up to the office with Philly's best doughnuts fresh from the oven should be an adequate excuse.

For a slightly less hectic atmosphere, three different flavors of Federal Donuts are also available for \$5 each with a drink purchase at The NoMad Bar — just named third best bar in the world — through the end of October. **EVA KIS**



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COMEDY

Kwendom Birthday Bash

For once, you can laugh your way through the Terrible Twos: Kwendom marks two years this weekend with some of its best comedians delivering too-true quips about queer life in NYC. Not only is the show celebrating its anniversary, it's also a birthday party for host Bobby Hankinson (Awkward Sex and the City), so there will be mini cupcakes. And you can't complain about the "mini" part: It's all free, or you can donate to the Montrose Center's LGBTQ hurricane relief fund. Oct. 20, 7-9 p.m., Pete's Candy Store, 709 Lorimer St., Brooklyn, free, petescandystore.com

MUSIC

Paula Cole

If you're still wondering "Where Have All the Cowboys Gone?" it's because Paula Cole was a fixture of radio — and karaoke bars and our showers — in the '90s. She's still going strong with a ninth studio album, "Ballads," which came out this fall, and she'll be promoting it at City Winery in an intimate concert this weekend. You can also add a preshow meet-and-greet for \$50. Yes, we know what you're thinking: "I Don't Wanna Wait." Don't worry, it's almost Friday. Oct. 20, 8 p.m., City Winery, 155 Varick St., \$30-\$90, citywinery.com

SPORTS

Brooklyn Nets Takeover

The Brooklyn Nets take on the Orlando Magic for their Opening

Night on Friday. If you're a fan but don't have tickets, you're in luck: Bounce is hosting a takeover of the Billboard Lounge at the Barclays Center, with an official after-party. You can get access to the post-game hangs and snag seats with one ticket, starting at \$75. The cost scales up for better views, but everyone should have an equally great time at the party, hosted by DJ Khaled. Oct. 20, 7 p.m.-2 a.m., Billboard Lounge, Barclays Center, 620 Atlantic Ave., Brooklyn, \$75-\$275, joonbug.com

RUNNING

The Brew Hop 5K & Craft Beer Fest

If you're going to punish yourself running, you definitely deserve a reward. Like maybe an afternoon of beer tasting? The Brew Hop brings together the best of both worlds — but you can buy tickets to the 5K or the Craft Beer Fest separately (if, like us, you prefer your carb-loading without all that pesky exercise first). There will be over 15 breweries present, mostly regional, as well as live music, lawn games and local food vendors. Oct. 21, noon-4 p.m., Randall's Island Park, 20 Randall's Island Park, \$44.95-\$74.95, thebrewhop5k.com

FOOD

Taste of the Seaport

It's not all fish and chips at this waterfront food fest (although someone should get on that, stat). You can try a variety of foods as FiDi and the Seaport District show off the best of the area's eats, with over 40 participating purveyors, including Black Tap, Clinton Hall and the Paris

Cafe. Start with five tastes or go up to a family pack with 20 (sure, let's say that's for our "family"). Or enjoy the live music and kids activities for free. Proceeds support local schools. Oct. 21, 11:30 a.m.-4 p.m., Front St. between Fulton St. and Peck Slip, \$5-\$125, tastepftheseaport.org

MUSIC

Drake Night: Happy Birthday 6 God

There's only so long you can host a Tribute Night series before there's at least one full evening devoted to Drake. This Saturday, you can be on your Worst Behavior at Brooklyn Bowl while paying homage to the 6 God himself. DJ Ronin Roc will be spinning nothing but Drake, three eves ahead of the rapper's birthday. The party has made claims to play every one of his tracks from beginning to end, and we think some Aubussed fans should be there to hold them to it. Oct. 21, 11:30 p.m., Brooklyn Bowl, 61 Wythe Ave., Brooklyn, \$10-\$15, brooklynbowl.com

PETS

My Dog Loves Central Park Fair

Grab your most festive leash and bring your furry friends to Central Park for an afternoon of activities geared toward families walking on two legs or four. At the 15th annual My Dog Loves Central Park Fair, there will be live performances at the Naumburg Bandshell, training demos, contests with pup-friendly prizes and games for all ages. There's also a boutique, hydration station and agility course, plus the chance to mingle with fellow dog-lovers in the

FILM



Reel Sisters of the Diaspora

For its 20th anniversary, the Reel Sisters film fest — which features works written, produced and directed by women of color — is screening over 30 films at both the AMC Magic Johnson 9 in Harlem and the Alamo Drafthouse Cinema in Brooklyn. The latter hosts the Reel Sisters Family Day on Saturday, with short films selected to empower young viewers and talks on the process of filmmaking. The Kick-Off Party takes place Friday at 8 p.m. at Aloft Hotel, free with RSVP.

Oct. 21-22, multiple venues and times, \$12-\$45, reelsisters.org

community. Oct. 21, noon-3 p.m., Naumburg Bandshell, Central Park, free, centralparknyc.org

SHOPPING

FAD Market

FAD Market heads back to

Brooklyn with its biggest collection yet of handcrafted art from jewelry and housewares to fashion and skincare. This year, there will also be a featured solo exhibition, Wood and Wool, by sculptor Abraham McNally, in addition to displays throughout the market, ranging from images

of NYC by J Chen Photography to woven textile paintings by Michelle Parascandolo. There will also be workshops, a lounge and an interactive coloring wall. Oct. 21-22, 11 a.m.-4 p.m., City Point, 445 Albee Sq. West, Brooklyn, free, fadmarket.co

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Dunluce Castle has a storied — and haunting — history.
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Northern Ireland on the road

Find Northern Ireland's most memorable sites along the Causeway Coastal Route.

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California's storied Pacific Coast Highway, Switzerland's dangerous Furka Pass and Northern Ireland's Causeway Coastal Route are bucket list drives.

The latter, which is known as one of the world's great road journeys, stretches between the two vibrant cities of Belfast and Derry-Londonderry.

The winding 120-mile route offers a kaleidoscopic journey of natural wonders such as pristine beaches and majestic cliffs of limestone, covered in basalt from ancient volcanoes. There are also clifftop

castles as well as a few can't-miss filming locations.

Find yourself in Westeros

The dark, romantic rows of serpentine beech trees along the majestic Northern Ireland coast screamed for years to be part of a film or television production. The Dark Hedges, an avenue of intertwined beech trees, remains a magnificent sight, becoming one of the most photographed natural phenomena in Northern Ireland.

The folks behind "Game of Thrones" wisely used this atmospheric stretch of road for their wildly popular series, depicted as the King's Road. Take your own walk down the Dark Hedges to feel like a real-life stroll through Westeros.

A natural wonder

But "Game of Thrones" is not what made the Causeway Coastal Route famous. Farther along are a number of must-see sites on the coast, and Giant's Causeway has a spooky and storied history.

A Unesco World Heritage Site and a National Nature Reserve, the Causeway is comprised of 40,000 interlocking basalt columns, the result of an ancient volcanic eruption.

The tops of the columns form stepping stones that lead from the cliff foot and disappear under the sea. Truly sized for a land of giants, the Causeway's surreal beauty is like a piece of an entirely different world somehow landed in ours.

Hope you like heights

The iconic ruins of Dunluce Castle make

for an entirely different experience. The majestic structure on the dramatic coastal cliffs of North County Antrim, which was built by the McQuillan family around 1500, has a spooky and storied history.

There are the tales of a banshee and how the castle's kitchen fell into the sea one stormy night in 1639. Visitors can also explore the findings of archaeological digs within the cobble streets and stone merchant's homes, making Dunluce Castle a unique historical attraction along the Causeway Coastal Route.

You'll have to get over your fear of heights to experience Carrick-a-Rede rope bridge. Every year, nearly a quarter of a million visitors cross the suspension bridge — 66 feet long and hanging 98 feet in the air. If you've got the stomach for it, the view at the midpoint of Rathlin

Island and Scotland is stunning.

Stop for a tipple

Those who make the journey deserve a drink. Even if you had no problem with the jaunt over the bridge, a trip to Old Bushmills Distillery, Ireland's oldest working whiskey distillery, will be worth your while.

Bushmills' triple-distilled Irish whiskey is smooth and mellow, like the folks you'll meet along the countryside. The distillery, which opened in 1784, uses water drawn from the Saint Columb's Rill, which helps account for the unique, rich flavor. Be sure to stop by for a tour and tasting experience.

Tee off

There are also a number of bucket list golf courses in Northern Ireland,

and Royal Portrush Golf Club is right at the top.

The course, which will host the 2019 Open, juts out over the Atlantic for views that are just magnificent. The fairways are nestled in natural valleys between towering sand dunes and the small greens blend perfectly in the landscape. The fifth hole is stunning as it's right off the shore.

As you can imagine, the course isn't easy. If your ball lands in Big Nellie, which is one of the biggest bunkers in Ireland, good luck. Between the natural hazards and wind, the course is a challenge.

However, if you have a particularly rough day on the links (or even if you don't), feel free to return to the Old Bushmills Distillery, where it's always welcoming. For that matter, so is the rest of the striking causeway coast.



Giant's Causeway is a natural phenomenon unlike any other.



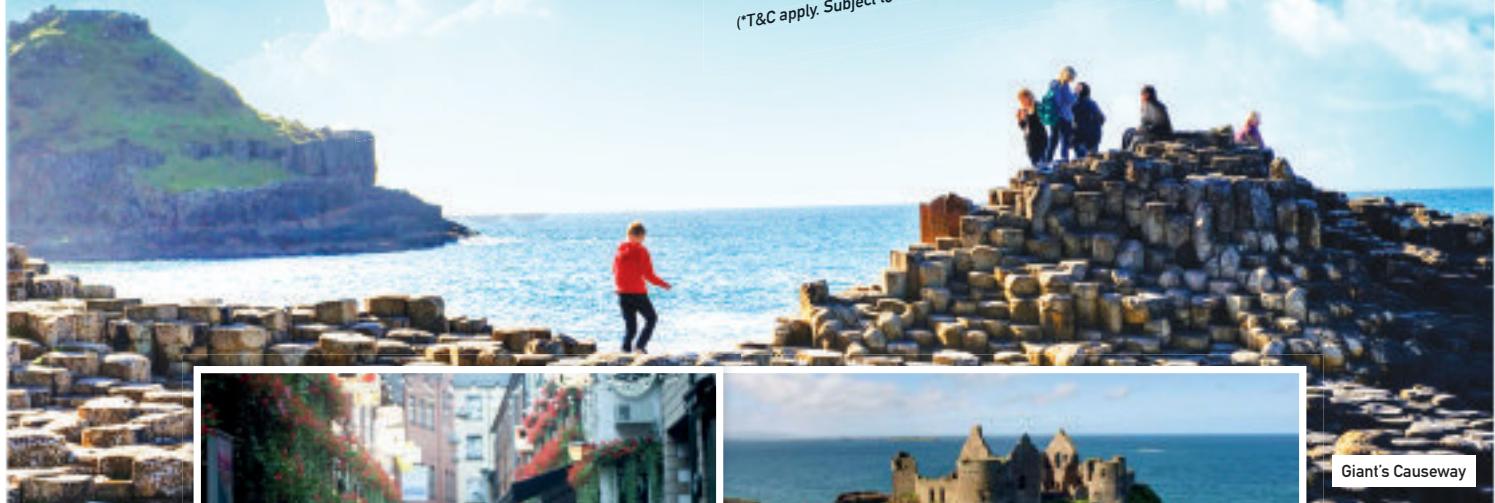
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Dunluce Castle



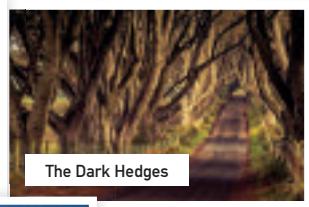
Giant's Causeway



St. George's Market in Belfast



Carrick-a-Rede Rope Bridge



The Dark Hedges



Titanic Belfast



Belfast Castle

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Ski around the world in 2018

We picked the most spectacular properties of the 17 resorts taking part in a new all-season worldwide ski pass.

Fodor's Travel

This winter, make a point to try and visit as many ski resorts as you can.

Nearly 20 of the world's best ski resorts have teamed up to offer Mountain Collective, a ski pass valid at all designated resorts for under \$500. During the 2017-18 season, riders can hit the slopes at resorts from Colorado to Chile for two days at each destination, with 50 percent off any additional days.

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some of the best lodging. Time to put a global ski trip at the top of your 2018 bucket list.

Alta Ski Area

Snowboarders stay home — or maybe just head to neighboring Snowbird, since Alta in Utah is exclusively for skiers. Prepare for some serious quad burning on the steep, challenging terrain that boasts some of the best snow coverage in the world.

Mammoth Mountain
SoCal snow junkies love Mammoth because, well, it's awesome, and it's only a five-hour drive or one-hour flight from Los Angeles. Plus, you can ski all day and never repeat a run. After big-flake storms, this is the place to ride off-piste and weave

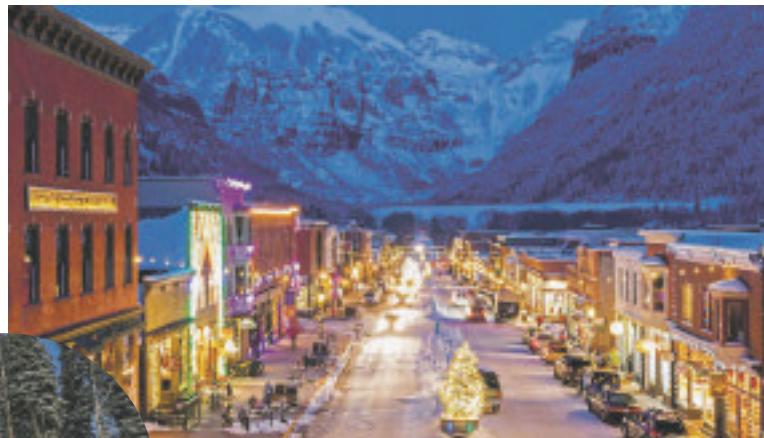
through the trees. Slopes are wide — as in football field wide — so no matter how busy it gets, you'll never hit LA traffic.

Sugarbush

For some sweet East Coast skiing, head to Sugarbush in Vermont, which has 111 trails spread across two connecting mountains — Lincoln Peak and Mount Ellen. Lincoln Peak's Castlerock has narrow, winding, New-England-style expert trails, while Mt. Ellen draws jibbers to Riemergasse Park with 60+ features like C-rails, table tops, and wedge-style jumps.



Jackson Hole



Telluride at Christmas is a sight to behold. ALL PHOTOS PROVIDED

Banff Sunshine

Two towns plus three resorts plus one lift ticket equals: yes, please. The fact that Banff and Lake Louise sit on a UNESCO World Heritage Site tells you that you're in for a memorable trip. The three Canadian resorts are surrounded by pristine and protected wilderness, with thousands of

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Coronet. The season runs from June to October, so when you're fiending for skiing come summer, there's always New Zealand.

Thredbo Alpine Village

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Yanks one win away from Series

Tanaka's gem, Sanchez's bat, motor Yankees to Game 5 win. One more win and they are in the World Series.

 JOE PANTORNO
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joseph.pantorno@metro.us

Houston officially has a problem.

Behind the brilliance of Masahiro Tanaka and the continued resurgence of Gary Sanchez and Aaron Judge, the New York Yankees defeated the Houston Astros and their ace Dallas Keuchel, 5-0, to take Game 5 of the ALCS, their third-straight win after falling behind 2-0 in the series.

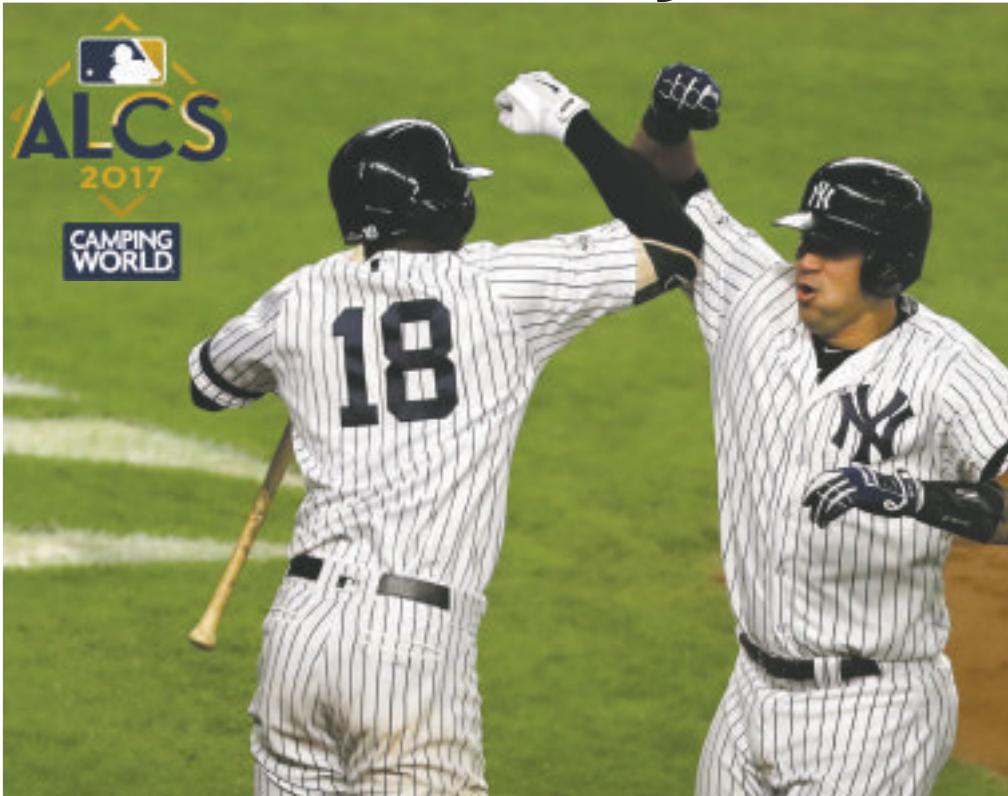
They are one win from the World Series.

ALCS GAME 5 FINAL

	0
	5

Tanaka kept the major league's most potent regular-season offense quiet all night, not allowing a single run over seven innings, giving up three hits while striking out eight.

If there was anyone to stop the Yankees, it was Keuchel, who



Gary Sanchez (right) picked up two RBI in Game 5 of the ALCS, which was all Yankees starter Masahiro Tanaka needed on Wednesday night. GETTY IMAGES

hadn't allowed a run while striking out 17 in two previous postseason starts against the Yankees, including Game 1 of this very ALCS.

But he could only last 4.2 innings, allowing four runs on seven hits while striking out eight.

The Yankees man-

aged to get to him early when Greg Bird lined a single that scored Starlin Castro in the second inning.

It came a half inning after the Astros were unable to capitalize off a lead-off double by Yuli Gurriel as Tanaka kept them off the board.

Judge added a sec-

ond run the following inning with an RBI double that scored Brett Gardner from first. It was his third-straight game with an RBI as he continues to heat up at the perfect time.

Houston had another golden opportunity to get on the board in the fifth when they got runners on first and

second with one out. Once again, Tanaka got out of the jam by striking out George Springer and Josh Reddick.

If that wasn't demoralizing enough for the Astros, the Yankees added two more in the bottom half of the fifth behind a pair of RBI singles from Game 3 hero Gary Sanchez and

Didi Gregorius.

Tanaka managed to go two more innings, finishing his night after seven in grand fashion with a strikeout of Marwin Gonzalez, his 103rd pitch of the evening.

Not that they needed any more insurance, but Sanchez provided an exclamation point on the evening when he tattooed a Brad Peacock offering into the left-field stands in the seventh inning.

With a comfortable lead, the Yankees preserved the arms of David Robertson and Aroldis Chapman, turning to Tommy Kahnle to close things out, securing Tanaka and the Yankees' victory.

You couldn't have asked for a better postseason homestand from the Yankees, who won both games of the ALDS before sweeping all three games in the Bronx this series against the Astros. But now they have to leave the friendly confines of Yankee Stadium and head back to Houston, where they lost the opening two games of the series by a score of 2-1.

Justin Verlander, who went the distance in Game 2, will take the mound in Game 6 on Friday while the Yankees counter with Luis Severino.

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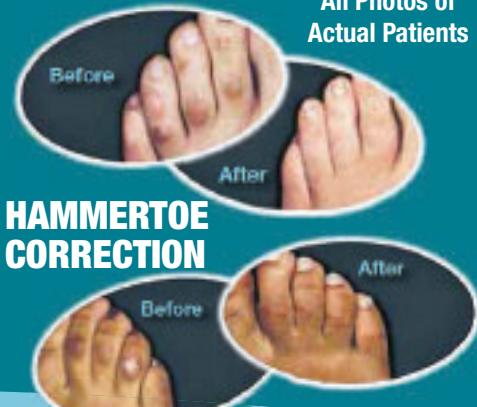
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Judge the sleeping giant is waking up

The Yankees slugger is coming alive in the playoffs and not a moment too soon.



JOE PANTORNO
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joseph.pantorno@metro.us

Leading up to Game 3 of the ALCS, I suggested the New York Yankees move Aaron Judge down from the No. 2 spot in the lineup after a miserable first seven games of his postseason.

He was invisible during the ALDS against the Cleveland Indians, going 1-for-20 while striking out 16 times, an MLB record for most punchouts during a single playoff series.

It really didn't look like he was going to

break out of it in the ALCS against the Houston Astros either after the first two games. He went 1-for-7 with another three strikeouts while the Yankees could only muster a single run during each game to fall into an 0-2 hole.

It must be noted that the only thing Judge was seeing at the plate was a steady diet of off-speed pitches on the outer half of the plate that would tail away from the righty. It also didn't help that he was encountering a brand-new strike zone that was extending down past his knees.

For a player standing at 6-foot-7, there wasn't a good chance that he was getting his bat on balls thrown that low.

It looks as though he's finally made the right adjustments as he's played

a big part in New York's resurgence.

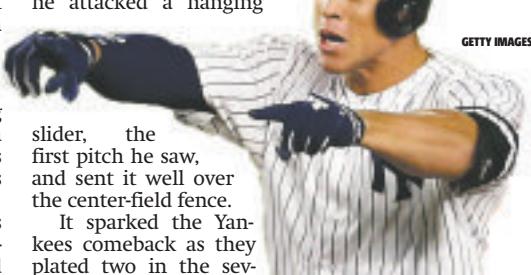
The solution? Patience, but knowing when to attack the one pitch or mistake.

We first saw it in Game 3 when Judge pounced on a ball left up and inside the zone by Will Harris — a pitch he is able to get his hands inside of — and crack a three-run laser of a home run to put things to bed.

Then came his lead-off at-bat in the seventh inning of Game 4. Just moments after the Astros took a 4-0 lead in the top half of the inning and with Houston starter Lance McCullers Jr. cruising, having allowed just one hit through six innings, Judge wasted no time breathing new life into Yankee Stadium as he attacked a hanging

slider, the first pitch he saw, and sent it well over the center-field fence.

It sparked the Yankees comeback as they plated two in the sev-

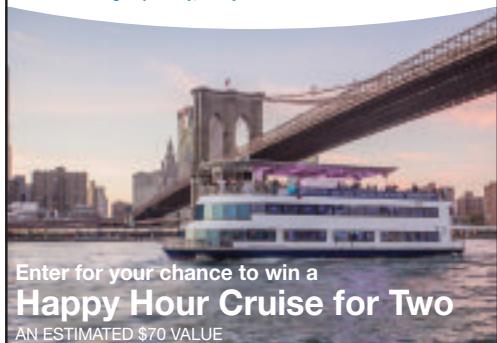


enth and one in the eighth before he came up again in the frame with one out against Houston closer Ken Giles. Realizing he was going to see plenty of the off-speed stuff outside the zone, Judge went down and belted a double off the top of the left-field wall to score Jacoby Ellsbury and tie the game.

Fast-forward to Wednesday night where Judge managed to get a piece of Astros ace Dallas Keuchel, ripping an RBI double in the third inning to put the Yankees up 2-0.

It's safe to say, Judge is back in his chambers. So watch out.

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Projecting 2017-18 Knicks starters



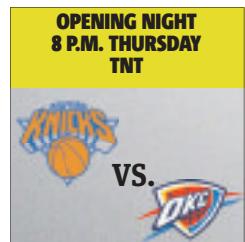
JOE PANTORNO
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joseph.pantorno@metro.us

The New York Knicks' fresh start officially begins on Thursday night against the Oklahoma City Thunder.

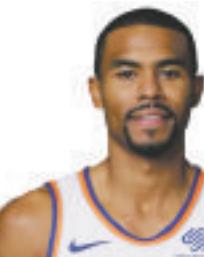
Phil Jackson is gone, a new front office is in place and Carmelo Anthony is in Oklahoma City, meaning this is officially Kristaps Porzingis' team.

The problem is, the book is still out on Porzingis' supporting cast as a series of question marks surround the young Latvian.

Here is how we think their starting lineup will look on opening night:



RAMON SESSIONS



TIM HARDAWAY JR.



COURTNEY LEE



KRISTAPS PORZINGIS



WILLY HERNANGOMEZ



PG

With Frank Ntilikina battling knee and groin issues all offseason, it would be unfair to thrust him into the starting role as soon as he comes back considering he missed the entire Summer League and most of the preseason. Sessions is a veteran presence who knows how to manage a game after 10 years in the league.

SG

It's imperative that Hardaway gets his second stint with the Knicks started on the right foot after signing a four-year, \$71 million deal over the summer. Coming off a career-high 14.5 points per game last season with the Hawks, Hardaway will be looked upon as a secondary scorer alongside Porzingis.

SF

While it might be puzzling to some seeing a shooting guard taking over the 3 after Melo's departure, but Lee will be at the spot mainly because of his defense. His speed could be huge when guarding some of the opposition's best swingmen and will be on a familiar face come opening night in Anthony.

PF

While there are those who believe he is better suited as a center, Porzingis has expressed his comfort at the position which should be good enough for the Knicks. The 7'3" unicorn is unguardable when he's on, proving he can score from anywhere on the floor. As long as he's healthy, expect a career year and All-Star campaign.

C

In a crowded frontcourt, Hernangomez might be given the nod after showing what he could do in a starting role during the preseason. While Enes Kanter sat, he put up a double-double of 17 points and 12 rebounds against the Nets. Given how high the team is on the young Spaniard, we could see the veteran Kanter coming off the bench.

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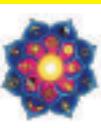
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75 Multitude

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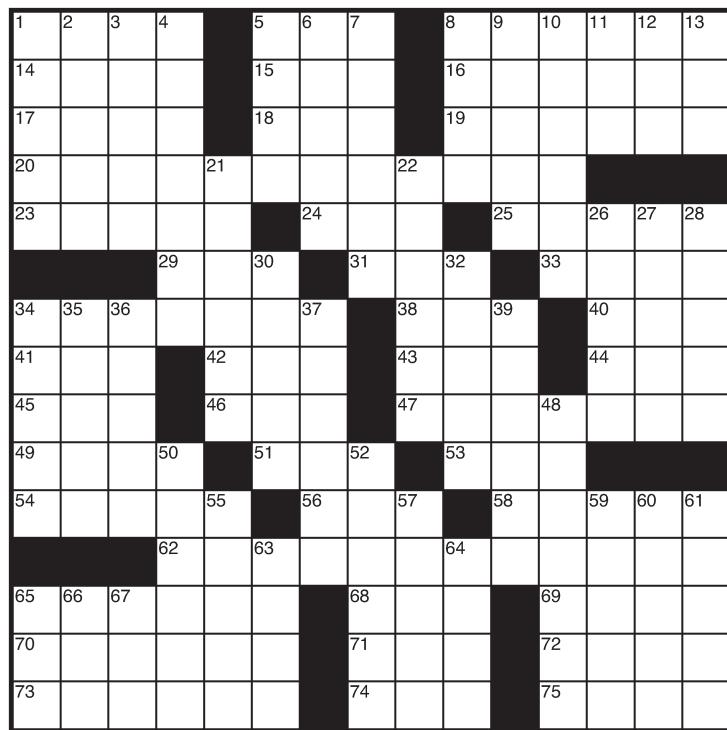
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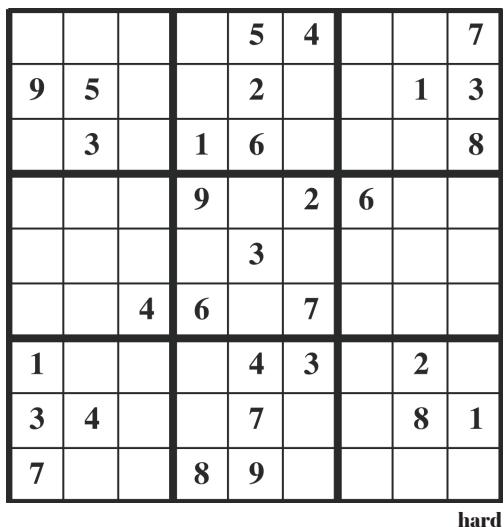
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34 Taken -- (surprised)
35 Fruitstand item
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48 Unposed photos
50 Dawdled
52 They have pseudopods (var.)
55 Card before trey
57 Ordinary
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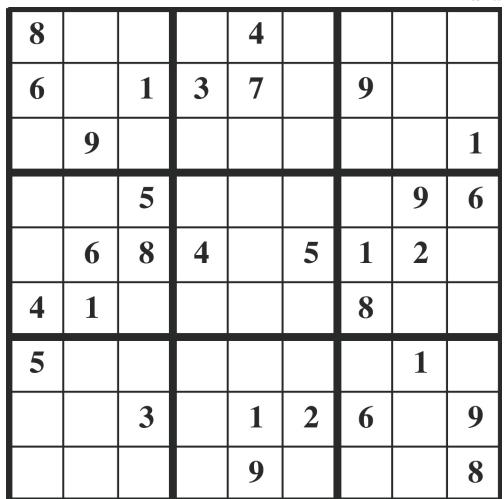


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Aries Situations will escalate quickly. Don't provoke an argument or take on something that will put you in a bad mood. Accept the inevitable, but don't fuel the fire.



Taurus Look for opportunities that will raise your income over time. Overreacting to changes and situations will not help you maintain a good position.



Gemini Put your own spin on whatever you pursue. Not everyone will appreciate your unique touch, but the ones who do will be accommodating and helpful.



Cancer Inch in the direction you want to go. Follow a path that you find interesting. Take on an intellectual challenge and let your memory and experience lead you to victory.



Leo A change of location, surroundings or people will give you better insight into what you want out of life and what you need to do to improve your current situation.



Virgo An emotional situation involving your offspring or someone who depends on you should be handled with care. You can only do so much.



Libra You'll be sensitive to the way others react. Try to contain your feelings and refuse to let the little things get to you. Overreacting will put you in an awkward position.



Scorpio Work from home if possible. Plan to do things with people who are just as unique as you. Taking a different approach to the way you conduct your life is favored.



Sagittarius A steady pace and a plan in place will help you bring about positive changes that will improve your situation or surroundings. Pitching in will lead to new connections.



Capricorn An even, methodical approach will help you reach your destination. Don't share too much information with people who may use it against you.



Aquarius You'll have trouble thinking straight. Be careful when dealing with someone who isn't reliable. Situations will easily spin out of control if they're not monitored.



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S	U	M	W	I	L	D	M	O	D	U	L
J	O	L	L	I	E	D	A	D	Z		
A	L	I	E	N	S	A	B	S	O	R	B
G	L	E	A	D	S	A	U	R	L	S	
A	S	T	O	U	N	R	E	P	A	I	R
D	E	C	E	N	C	I	D	C	E	M	T
E	C	Y	L	A	E	C	E	M	T	E	N
A	L	A	S	K	A	S	I	R	E	M	S
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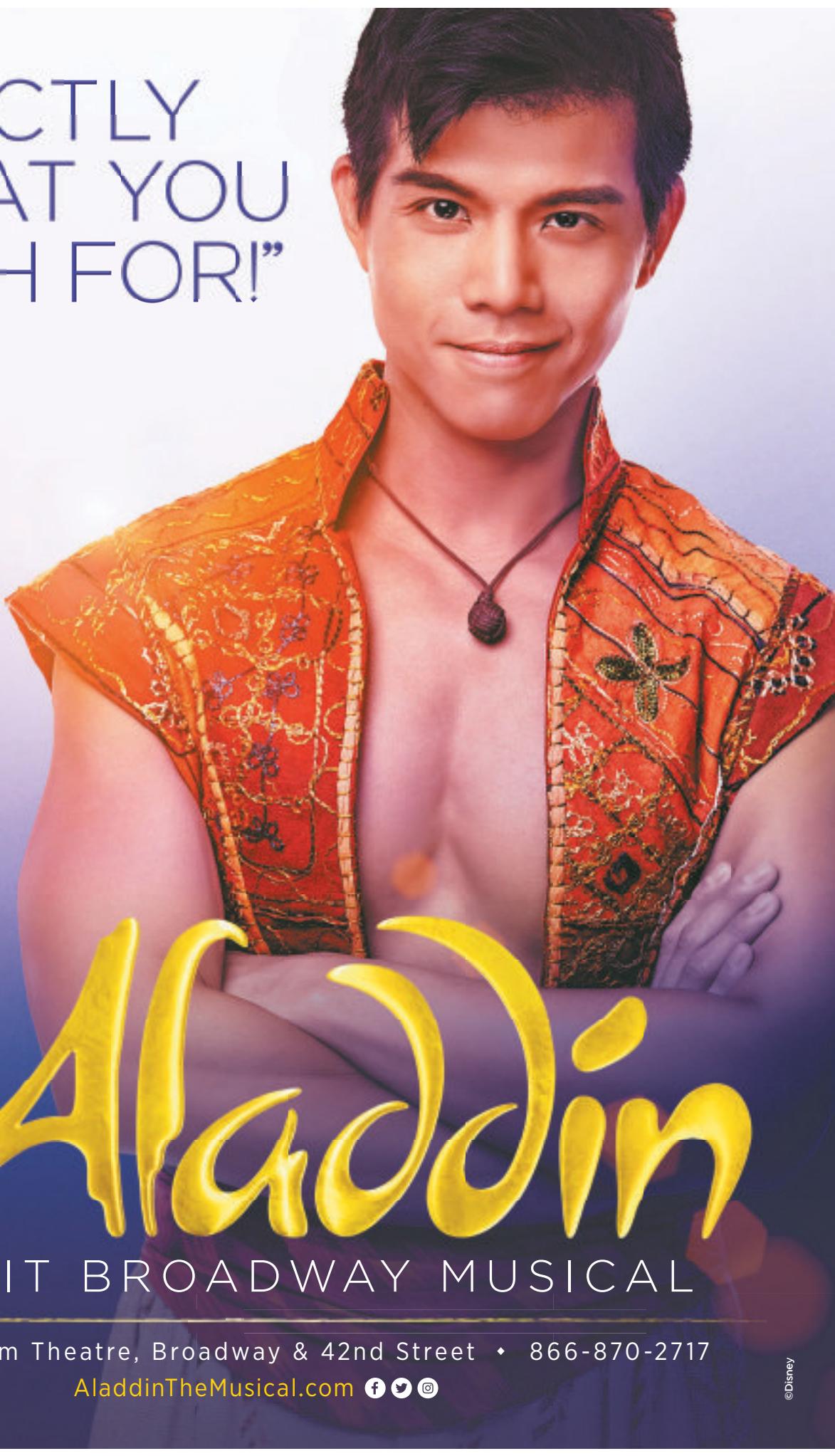
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